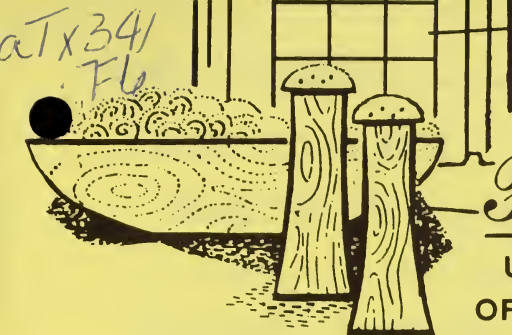


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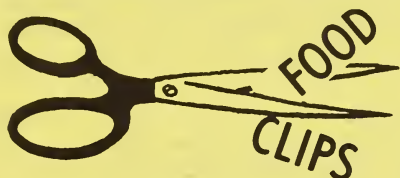




# Food and Home Notes

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What are orange juice crystals? They're made by dehydrating concentrated orange juice and they contain about 97 percent natural citrus solids--and no sugar. They were developed by the Agricultural Research Service, USDA.

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Remember, after water, and possibly fat, protein is the most plentiful substance in the body.

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Fats are plentiful -- in butter, margarine, shortening, salad oils, cream, most cheeses, mayonnaise, salad dressing, nuts and bacon.

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Did you know that even meat can be up to 80% water? Soup is also a water source for the body, as are many fruits and vegetables.

\* \* \*

Calcium is required for blood to clot and for the heart to function normally. It's found in milk, dark green leafy vegetables, salmon, and even sardines.

\* \* \*

For a mid-morning snack...try fruit.

## ON INTERIOR LANDSCAPING

### ---and House "Trees"

Interior landscaping can change your home or your office. Ideas can be unlimited and may range from a few window sill-type plants to a house tree or even a lean-to greenhouse in a solarium room.

Three things must be considered before making your plan according to USDA's new Yearbook of Agriculture -- the amount of light intensity, how much time and care can be allotted to maintenance, and the amount of space available for proper placement as related to design elements. Of course, the types of plants and trees you select must depend on available light and humidity.

A "house tree" is a plant large enough to have developed its own individual character and usually ranges from 5 to 8 feet tall -- or even larger, depending on the height of your room. It may be thought of as "living sculpture." The color and texture of the leaves, stem or trunk structure and overall height and span related to the textures, weaves, colors and patterns existing in draperies, slipcovers, floor coverings, wall finishes and upholstery.

## "FABRICATED FOODS"

Fabricated foods -- often referred to as "formulated" or "engineered" foods -- are foods that have been literally taken apart and put together in a new form. They are foods that have been designed, engineered, or formulated from ingredients that may or may not include additives, vitamins, and minerals according to Dr. Kermit Bird of the Food and Nutrition Service, U.S. Department of Agriculture.

The importance of fabricated foods should not be underestimated -- a projected view sees total sales for them up to \$23 billion by 1980. In 1973 sales totaled about \$13 billion.

Some fabricated foods are presently in use or are being submitted for possible acceptance into the USDA feeding programs. Fabricated items include snacks, cookies and crackers, soft drinks, dairy substitutes, prepared cereals, salad dressing, cake and roll mixes, beverages other than soft drinks, vegetable protein products and many others.

Other examples of fabricated foods include breakfast pop tarts and formulated milk-based drinks that have special application as body builders. Some may be old standby foods that have had new ingredients or nutrients added to them.

Why "fabricate" foods? Why should anyone want to take a perfectly good egg out of its natural shell container, add something to it, subtract something from it, process it, and put it in a new form -- then, repackage it, freeze it, and then market it as a fabricated product? There are reasons!

\*Examples used of fabricated foods in no way means endorsement or approval of them by USDA.



---What are they?

1/ Cost: Meal costs can be lowered in some cases. For school lunch, the use of "enriched macaroni with fortified protein" lowers meat costs even though its price per pound is about the same or slightly higher than regular macaroni. This product receives credit as a meat alternate, and must be used in the same dish with meat, fish or cheese. It provides about the same nutrition and satiety as an all-meat entree -- and costs less.

2/ The nutrition of a meal may be enhanced by using juices enriched with vitamin C, as used in USDA family feeding program. Margarine is enriched with vitamin A.

3/ Convenience: "CN Pizza", a newly-formulated product designed for schools, combines bread, margarine, meat and/or cheese, and perhaps vegetable in one frozen, prepared, fabricated food.

Fabricated foods can fill special needs, improve the balance of a meal, improve palatability -- and finally, can provide satiety.

However, some of the problem areas must also be considered. The market for these foods must be identified as well as ingredients and what foods they replace. The products themselves need to be identified -- standards of compositions, names or labels. A satisfactory texture -- the taste, appearance and nutrition of the product, as well as the product image needs to be explored. Nutritional labelling must also be solved.

## FABRICATED FOOD TERMINOLOGY

Restoration is adding selected nutrients to a food to restore nutrients lost through processing. If enough vitamin C were added to a frozen apple pie to bring the vitamin C back to the original level of vitamin C in the apples, it could be called a restored food.

Fortification is adding selected nutrients not normally present in that particular food. If protein were added to the apple pie mentioned above, protein not being a natural nutrient to this food, this would be called fortification. Another example is adding vitamin D to milk.

Enrichment is adding nutrients to a food so as to make that food conform to some special standard for that food. Vitamins and minerals added to an ordinary flour to achieve the standard for enriched flour constitute flour enrichment.

Nutrition enhancement is adding nutrients to a food by fortification, enrichment, or restoration. Nutrification is the same as nutritional enhancement.

Nutritionally-modified foods have had nutrients added to them so that they contain food values at least equal to the natural foods they may replace in the diet. An example is textured vegetable protein made from soy with minerals and vitamins added so that it has all the nutrients of the meat it replaces in the diet.

Simulated foods are designed to completely replace some other food. They are made to look, taste, and feel like the food they replace. Meat analogs, made from plant proteins, are similar to the real meats they replace. Soy milk is designed to replace cow's milk.

Synthetic foods are those made from materials generally thought of as non-food sources. An imaginary example might be a product made from corncobs, with minerals and vitamins added for nutrition, and sweetened for taste acceptance. Synthetically sweetened soft drinks and fruit drinks bear little relation to real fruit juices.

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Energy tip: The best gasoline mileage is when your car is in the garage. Instead of being a Sunday driver -- take a bicycle ride, suggests Woodsy Owl, Forest Service, USDA.

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NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Division, U.S. Department of Agriculture, Washington, D.C. 20250. Or phone: 202-447-5898.

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